



March 24, 25, & 26, 2006

**Victory Bible Camp
Palmer, Alaska**

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Contributors: Lodge Manufacturing, Lawry's

BECOMING AN OUTDOORS-WOMAN 2006

Becoming an Outdoors-Woman is a workshop focused on the learning of outdoor skills--skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if...

- you have never tried these activities, but have hoped for an opportunity to learn.
- you are a beginner who hopes to improve your skills.
- you know how to do some of these activities, but would like to try your hand at some new ones.
- you are looking for the camaraderie of like-minded individuals.

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Friday, March 24, 2006

10:00 - 12:00 Registration

12:00 - 1:00 Lunch

1:00 - 1:15 Welcome and program orientation

1:30 - 5:00 **SESSION I**

Unless noted, much (if not all) of the class time will be spent outside. Please dress appropriately!!!

A. Firearms Safety. Includes handling guns safely, selection and purchase of firearms. No actual shooting. (Prerequisite for classes Y, AK, and AL. You may substitute Hunter Ed, NRA or 4H firearms safety classes for Y, AK and AL.)

B. Big Game Hunting. Learn how, when, where and why to go hunting in this class and do it safely and legally. Lets go hunting!

C. Tracking & Trapping. Interested in trapping but have never given it a try? Learn the how's, why's and when's of trapping and also learn to identify tracks of furbearer and fur animal habitat.

D. Pond to Pan. You've caught it, now what? After it's out of the water, try cleaning, filleting, cooking, freezing and other ways to make your catch last all year. Tasting required!

E. Beginning Fly Casting. Tired of watching A River Runs Through It? Now you can live it! Class includes principles, the casting loop, overhead cast, single haul, and basic roll cast.

F. Ice Fishing. Let's go fishing in the winter! Catch a rainbow trout, arctic char and burbot on Long Lake under the expert guidance of Fish and Game Biologists.

G. Avalanche Safety. Going into the backcountry to enjoy winter activities? Learn proper techniques to become aware of snow hazards in the area.

H. Chainsaw Operation. How do you keep your wood stove fed? Learn to fell trees, limb trees, cut

brush, and stack wood in a safe and proper way. Timber!

I. Dutch Oven Gourmet. Salami and freeze-dried food? Why, when you can bake Sour Cream Chicken Enchiladas or homemade cinnamon rolls? Learn how with Dutch Oven Master Chef Bruce Campbell, and you'll cook a fabulous dinner! Tasting is required.

J. Dog Mushing. Whether you want to learn about dog mushing for fun, racing or packing gear, this is the class for you. Local mushers will teach you about dog care, equipment and mushing skills!

K. Snowboarding. So you want to learn how to surf the earth? Well then strap on a board and let's ride! This class will cover equipment and proper technique.

L. Snow Machining. Learn the basics of safe snow machining, handling, maintenance and trail etiquette. Then get on and go riding with your group!

5:00 - 6:00 Free time/Social Hour/Dutch Oven Treats!

6:00 - 7:00 Dinner

7:00 - 9:00 Program (to be announced)

**** Beyond BOW Participants Pulk Sled Building ****

Saturday, March 25, 2006

7:00 - 8:00 Breakfast

8:30 - 12:00 **SESSION II**

M. Firearms Safety. (Repeat of class A)

N. Field Dressing. After you shoot, now what? Learn to butcher game in the field. Instructor will talk you through it as you cut up a big game animal and pack it out of the woods!

O. Introduction to Archery. How do you hold a bow? What is a "nock?" Can you really hit that target? Absolutely! Our accomplished archers will have you shooting bows successfully!

P. Skinning & Hide Prep. Learn how to care for your harvest! This class will teach you how to skin and care for your critter's hide before it goes to the tannery. This is a hands on class.

Q. Canning & Smoking. Save that salmon or halibut by smoking and canning and enjoy the fish all year round. Recipes, techniques and tasting.

R. Fly Tying. Creating a fly that will lure a fish is part science and part art. You will tie flies to entice your favorite sport fish! Experts will get you started.

S. Fishing 101. What's the difference between spin fishing and fly-fishing? How do you catch grayling, pike, rainbows or Dolly Varden? How do you put the gear together? Find out!

T. Cross Country Skiing. Are you a beginner skier or have never been on skis before? Learn proper classic skiing techniques from Alaska's elite skiers.

U. Maps & Compass. A map and a compass can keep you from being lost. You'll learn how to read maps, take a bearing and follow it!

V. Winter Survival. With some knowledge and the right gear, you can live outdoors and enjoy it! Class covers gear, water, food and safety, for here and the wilderness.

W. Dog Mushing. (Repeat of class J)

X. Snow Machining. (Repeat of class L)

12:00 - 1:00 Lunch

1:30 - 5:00 **SESSION III**

Y. Bear Safety & Defense. If you spend much time in the field in Alaska, you stand a good chance of encountering a bear. Knowing what to do can make a difference between having a positive or a negative experience. Shotgun and pepper spray training is included in this class. (Class A, M, Hunter Ed, NRA or 4H safety class is required).

Z. Field Dressing. (Repeat of class N)

AA. Intro to Bowhunting. Join the growing field of bowhunters! You will learn about equipment, tree stand and still hunting and stalking prey.

AB. Skin Sewing. Now that you have caught it, cleaned it, and tanned it, make something out of it. Learn how to make fur handicraft and take it home.

AC. Intermediate Fly Casting. Have you all ready been fly-fishing and the fish are just beyond your cast? This is the class that will enhance your casting ability!

AD. Ice Fishing. (Repeat of class F)

AE. Ice Fishing Rod Making. Have you become an avid ice fisher or just starting out? Well this is the class for you! Learn how to make an ice fishing rod and take it home with you!

AF. GPS. You got one so you would not get lost. Now you can learn how to use it!

AG. Dutch Oven Gourmet. (Repeat of class I)

AH. Winter Camping. With some knowledge and the right gear you can go camping in the winter and enjoy it! Class will cover gear, food and safety.

AI. Skijoring. Are you an intermediate skier wanting to learn how to skijor with the family dog or sled dog? Learn about the proper gear, the correct commands and skijoring skills necessary to enjoy skijoring the trails.

AJ. Snow Machining. (Repeat of class L & X)

5:00 - 6:00 Free Time/Social Hour/Dutch Oven Treats!

6:00 - 7:00 Dinner

7:00 - 8:30 Program (to be announced)

Sunday, March 26, 2006

7:00 - 8:00 Breakfast

8:30 - 12:00 **SESSION IV**

AK. Intro to Shotgun. AK Hunter Ed instructors will have you breaking clay birds at the range. Shoot safely and accurately, and have fun! (Class A, M, Hunter Ed, NRA or 4H firearms safety class is required.)

AL. Intro to Rifle. With help from ADF&G Hunter Education you will be shooting safely and accurately, and have fun! (Class A, M, Hunter Ed, NRA or 4H firearms safety class is required.)

AM. Intro to Bird Hunting. Learn the basics of bird hunting with dogs in Alaska. Class will cover bird habitat to dog selection.

AN. Salmon Fishing. So you want to know the how, where and when to go fishing for Salmon? This is the class for you! Match the gear to the species and get set to go fish!

AO. Fly Tying. (Repeat of class R)

AP. Fishing 101. (Repeat of class S)

AQ. Skijoring. (Repeat of class AI)

AR. Snowshoeing. Tired of fighting your way through the snow? Learn how to walk on top of it. Strap on a pair of snowshoes and go for a hike with your group.

AS. Cross Country Skiing. (Repeat of class T)

Registration and general information are listed on the enclosed registration form. If the form is missing or you would like more information, call (907) 267-2896 (Anchorage) or write: ADF&G, Division of Sport Fish, Attn: Tracy Smith, 333 Raspberry Road, Anchorage, AK 99518.

Enrollment limit: 125. Register early! Workshop space is limited.

AT. Dog Mushing. (Repeat of class J & W)

oven. If you wish to bring your own firearm, it must be safety checked by instructors during registration.

AU. Snow Machining. (Repeat of class L, X, & AJ)

12:00 - 1:00 Lunch and closing program

Workshop Notes

- **Lodging:** You will stay in a bunkhouse with between 10 – 12 other people. Bunkhouses are heated and have electric outlets. Showers and bathrooms are located in a nearby building. Plan to bring sheets and blankets or a sleeping bag. Lodging will be assigned in the order applications are received.
- **Special Needs:** If you have any special dietary requirements or special needs that require assistance, please indicate on the registration form and we will try to accommodate your needs.
- **Equipment:** Demonstration equipment will be provided by the instructors. Feel free to bring your own bow, firearm, fishing gear, compass, or Dutch

- **Smoking and Alcohol:** Smoking is not allowed in buildings. Alcohol is not allowed on Victory Bible Camp Property
- **Fishing Licenses:** Classes F and AD require a valid Alaska fishing license, other fishing classes do not. You can bring your license with you or buy it here.
- **What to Bring:** Most classes are outdoors and hands-on, regardless of the weather **hiking boots and/or winter boots** are necessary. Be prepared to dress in layers (bring a hat and gloves) Bring personal toiletries, a water bottle, and winter coat and pants. If you have questions about what clothes to bring, please call ADF&G in Anchorage at 267-2896 and speak to Tracy.

PLANNING COMMITTEE MEMBERS

Patti Berkhahn, ADF&G
Kirk Lingofelt, ADF&G
Tracy Smith, ADF&G

WORKSHOP SPONSORS

Alaska Department of Fish and Game
Hunter Heritage Foundation of Alaska
Safari Club International



Alaska Department of Fish and Game
Division of Sport Fish
333 Raspberry Road
Anchorage, AK 99518
(907) 267-2896

The Alaska Department of Fish and Game promotes hunting, trapping, fishing, and other fish and wildlife-related recreation in the belief that these activities can lead to the development of the conservation ethic critical to the long-term maintenance of Alaska's wild heritage.